

PRIME TIME NEWS

Mountain View Senior Center

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SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

LAUREN MERRIMAN
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

SARAH FOSTER
Recreation Specialist

MELODY OCAMPO
Recreation Specialist

EVENING BUILDING
ATTENDANTS
Christian Basconcilo
Kyle Ignaitis
Melody Ocampo
Rich Stephens



OCTOBER 2007



Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Senior Center at (650) 903-6330.

WORKSHOP: CATERING TO MEALS ON WHEELS

Often we take hot food for granted, not realizing that others in our community are alone and without a good meal. The Health Trust's Meals on Wheels program serves as a friendly face who delivers hot, nutritionally-balanced meals to homebound seniors and disabled adults. Now, in turn, Meals on Wheels needs your help and feedback on how they can improve their services to make sure none of our community goes hungry. Show your support on **Thursday, October 11 at 1:00 p.m.**, and sign up at the Front Desk today.



COMPUTER WORKSHOP: HOW TO SET UP AN ONLINE EMAIL ACCOUNT

Would you like to learn how to access all your emails from any computer? Join Claudia Navarro-Northrup on **Monday, October 29 at 1:00 p.m.**, and she'll show you how to create online email accounts. Please, **sign up early** as our computer workshops fill up quickly.

WORKSHOP:

NON-PROFIT OFFERING IN-HOME ASSISTANCE

"We Care Personal Services" has served senior citizens for over 26 years. Since they have outside contributors, "We Care" can offer lower rates for laundry help, shopping, errands, meal preparation and personal care. To learn more about this organization that offers both hourly and live-in assistance, join us on **Thursday, October 18 at 1:00 p.m.** Reservations are necessary.

WORKSHOP:

LET'S MOVE IT UP!

Join us on **Tuesday, October 23 at 1:00 p.m.** for a free low-impact and core strengthening/stretching exercise class. Doctor of Chiropractic, Reza Khameinpur, will demonstrate exercises and show you how the art of stretching can lead you to good health. Reservations required.

City of Mountain View Community Services Department Recreation Division

266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330

www.mountainview.gov

SPECIAL EVENTS

MONSTER MASH DANCE AND COSTUME PARTY

Do you love the **CHILL** of autumn? Do you have any fantastically phantasmagoric Halloween costumes? You cannot miss this year's Halloween Dance



Party, which will take place on All Hallows' Eve:
Wednesday, October 31 from 6 p.m. to 8 p.m.



The Bigger than Life Band will conjure up all your favorite Halloween tunes. Great prizes for the three wackiest and most wicked costumes. Buy your ticket today: \$4 in advance and \$5 at the door. Drinks and treats included.

WHO: Mountain View Senior Center
WHAT: A Haunting Halloween Dance
WHEN: Wednesday, October 31, 2007
6:00 p.m. - 8:00 p.m.
WHERE: Social Hall
BAND: Bigger than Life Band

Movie Matinee

Come to one of our double showings! Our Tuesday premiere will have captions for the hard-of-hearing and **begins at 1:00 p.m.** in Multipurpose Room B. The second showing, also in Multipurpose Room B at 1:00 p.m., will be on Fridays and will be shown without captions. There is no fee to enjoy these popular movies, and seating begins at 12:30 p.m. For a more detailed description of the movies, please pick up a flyer in the front lobby.

OCTOBER MOVIES

Tuesday, October 2 and Friday, October 5:

Disturbia

(Runtime: 104 minutes)

Starring: Shia LaBeouf

Tuesday, October 9 and

Friday, October 12:

Rear Window

(Runtime: 115 minutes)

Starring: James Stewart, Grace Kelly

Tuesday, October 16 and Friday, October 19:

Georgia Rule

(Runtime: 113 minutes)

Starring: Jane Fonda, Felicity Huffman

Tuesday, October 23 and Friday, October 26:

Daddy's Little Girls

(Runtime: 100 minutes)

Starring: Gabrielle Union, Idris Elba

Tuesday, October 30 and Friday,

November 2:

Evan Almighty

(Runtime: 90 minutes)

Starring: Steve Carell, Lauren Graham



HOLIDAY BAZAAR 2007



It is finally here! Mark your calendar for **Saturday, November 17, 2007** when the Mountain View Senior Center will host the 2007 Holiday Bazaar. This annual bazaar features homemade arts and crafts for sale by local vendors. For a sneak peak at some of this year's holiday items, check out the Center's display case. Get a jump start on your holiday shopping from **9:30 a.m. to 3:00 p.m.** Join us as the bazaar helps us to celebrate the beginning of the holiday season.

OUR CENTER



CONSTRUCTION UPDATE

October will mark the ground-breaking of the Child Care Center at the back of the Senior Center property. Please use caution while entering and exiting the parking areas. More information will be available in the coming weeks/months regarding impacts to Senior Center programming.

GOOD LUCK SARAH!

It is with sadness that we say goodbye to Sarah Foster, Recreation Specialist. We have had the pleasure of working with Sarah for the past eight months, and now it's time that she embark on a new journey. Sarah's last day was September 21, and she will be attending the University of California, Davis for graduate school. We wish Sarah the best of luck, and we will miss her sunny personality, incredible organization, and all the special touches she has put on our new center. Thank you Sarah!

FLU SHOT ALERT!

The Senior Center will host a flu shot clinic on Wednesday, October 17, 8:30 a.m. to 11:30 a.m. This drop-in clinic will take place in the Game Room. Flu shots will cost \$15, check or cash only.

POOL TOURNAMENT!!

Sign up at the Front Desk for the Senior Center's first Pool Tournament! All levels are welcome. The tournament will take place on Friday, October 5, starting at 9:00 a.m. During the tournament, the Game Room will NOT be open for free play.

MOUNTAIN VIEW READS TOGETHER AUTHOR SPOTLIGHT


On November 1 at 7:00 p.m. join Bay Area author Tess Uriza Holthe and the author and teacher who inspired her, Linda Watanabe McFerrin. Holthe is the author of this year's Mountain View Reads Together book, "When Elephants Dance." During World War II in the Philippines, a family hides with neighbors in a cramped cellar, where they tell family stories and folktales. Activities centered on the book's themes will take place throughout November, starting with this fascinating discussion with Ms. Holthe and Ms. McFerrin. Those with first-hand experience of WWII and the Philippines are encouraged to call (650) 265-7198 or email info@mvreads.org for possible involvement in a Mountain View living history project.



NEW SOCIAL SERVICES!

For appointments, call:
650-903-6330.

SIGHT FOR SORE EYES

 Paul Wang is now volunteering his time to help you see better. He will be available the 2nd and 4th Tuesday of the month to help seniors with free eyeglasses adjustments, repairs, and general advice. Ask at the Front Desk for an appointment.

BLOOD PRESSURE AND STRESS CHECK UP

Now, on the second Friday of the month, Dr. Taylor Kim can measure your blood pressure and give you a stress check up. He can assess your musculature, posture, and the range of motion in the spine and other joints. Appointments are necessary.



Volunteer Hours for August

Blood Pressure	2
Brown Bag	372
Receptionists	179
Social Services	28
Summer Picnic	15
Taxes	12
Teaching	69
Total	677!

TO YOUR HEALTH

FAT THAT'S GOOD FOR YOU?

Fish is Nature's most abundant source of an important fat called Omega-3 Fatty Acid. Common fish sources of Omega-3 fats are: *Salmon, Herring, Whitefish, Tuna, Mackerel, Rainbow Trout, and Sardines*. A plant source of Omega-3 fats is *Flaxseed*.

Reeling in the Benefits:

Omega-3 fat is a fat most noted for its ability to reduce the risk of cardiovascular disease, and it has been shown to reduce blood pressure, reduce inflammation, inhibit cancer growth, and help alleviate depression. New evidence suggests that

Omega-3 fats may also be helpful to those with diabetes because they lower the risk of cardiovascular disease. Omega-3 fatty acids appear to improve the body's responsiveness to insulin.

Fish oil can also keep blood pressure levels in check. It can effectively lower triglycerides and raise HDL (good) cholesterol. New studies confirm that fish oil does not raise blood sugar levels. A new study published in the American Journal of Clinical Nutrition reported that fish oils may help preserve the thinking ability in older adults. Other evidence suggests that fish oil may also keep their bones strong.

How much do we need?

Most experts agree we should all consume two or more servings each week of fatty fish such as salmon. The American Heart Association recommends that people with heart disease should consume 1 gram (1000 milligrams) of Omega-3 fat daily. This is equivalent to eating 2-3 ounces of fatty fish each day. If you don't like fish or if you are concerned about environmental pollutants found in fish, fish oil supplements can be used. To obtain the equivalent of two fatty fish meals per week, 600 mg of Omega-3 fat supplements can be taken each day. Most fish oil supplements contain 300 mg of Omega-3 per capsule, so two per day would be needed. To find out the actual amount of Omega-3 fat in a fish oil supplement, check the label and add up the EPA + DHA + "other Omega-3". For people with heart disease, 3-4 capsules of a standard fish oil produce would be needed to achieve the American Heart Association's recommended intake.

Before you take supplements...

- * Do not take fish oil supplements if you use blood thinning medications
- * For purity, choose "pharmaceutical grade" or "molecularly distilled" products
- * Stop taking fish oil or other dietary supplements two weeks before surgery.
- * Take 200-400 IU of natural Vitamin E daily if you use more than 2 grams of fish oil daily.
- * Only take supplements under doctor's supervision.

ALOHA SALMON

- * 1 (15 1/2 oz.) can salmon, drained and flaked
 - * 2 tomatoes, coarsely chopped
 - * 1 cucumber, peeled, seeded, and diced
 - * 2 green onions, chopped
 - * 1/4 cup (low sodium) soy sauce
 - * 3 tbsp. salad oil
 - * 1 tbsp. garlic, minced
 - * 1 tbsp. black pepper (or to taste)
- Combine and chill until serving. Serve with crackers or toast.



How Can I Use Flaxseed?

Health food stores sell flaxseed in bulk as well as flaxseed meal and oils. The oils make good salad dressings. But to get the full benefits of flax, choose the seed or meal, both of which have a mild wheat-like taste. You can sprinkle whole seeds or ground-up seeds on cereal or in casseroles or mix into your orange juice or yogurt. Start out using a SMALL amount as it can overpower your food. You can use ground flaxseed or meal in place of wheat or oat bran when making muffins, pancakes, waffles, and bread. Ground flaxseed will stay fresh for a day or two in the refrigerator and for a month in the freezer.

LOW-CARB FLAX SEED MUFFINS

- Combine:
- * 6 tbsp. butter - melted
 - * 3 large eggs
 - * 1/4 cup whipping cream (or half and half)
- Add:
- * 1/2 cup Splenda (artificial sweetener)
 - * 1 tbsp. maple flavoring
 - * 1 tbsp. vanilla
- Mix the following together and add to the above:
- * 2 tsp cinnamon
 - * 1 tsp nutmeg
 - * 1/2 rounded tsp baking powder AND baking soda
 - * 1 cup ground flaxseeds
 - * 1/4 cup soy flour or Atkin's Bake Mix
 - * 4 oz walnuts, chopped (optional)
- Put into 12 paper cupcake liners in a muffin tin and bake at 375 degrees for 15-20 minutes. Add banana, pineapple or unsweetened coconut for variation.

TRAVEL

TRIPS 2008 PREVIEW

BAY MEADOWS

Sunday, October 28, 2007

\$20.00 Per Person

Leaves from CalTrain depot at 11:19 a.m., returns 4:40 p.m. Enjoy lunch at the Turf Terrace.

RENO OVERNIGHT

Sunday-Monday, November 4-5, 2007

\$65.00 Per Person / Double Occupancy

\$77.00 Per Person / Single Occupancy

Includes visits to the Nugget and Silver Legacy.

Spend the night at the Sand Regency.

THUNDER VALLEY CASINO

Tuesday, November 6, 2007

\$29.00 Per Person

This casino trip departs at 7:30 a.m. and includes \$5 bonus coupons.

I LOVE LUCY

Thursday, November 8, 2007

\$81.00 Per Person

Start with a tour & tasting at Frasinetti's Winery. After a hosted lunch, enjoy renowned Lucille Ball impersonator Judith Favero.

CHAMPAGNE AND ROSES

December 29, 2007—January 2, 2008

\$1,350.00 Per Person/ Double Occupancy

\$1,650.00 Per Person/ Single Occupancy

Tour the wonders of California from Catalina Island to the Rose Parade, in this 4-night, 11-hosted meal, New Years celebration.



OZARK MOUNTAIN JUBILEE

Thursday, January 24, 2008

\$88.00 Per Person

SUNDAY'S A DRAG VARIETY SHOW

Sunday, February 3, 2008

\$82.00 Per Person

RENO WINTER TRAIN

Monday, March 3 - Wednesday, March 5, 2008

\$248.00 Per Person / Double Occupancy

\$295.00 Per Person / Single Occupancy

25TH ANNUAL PUTNAM COUNTY SPELLING BEE

Saturday, March 8, 2008

\$126.00 Per Person

SOUTHERN CHARM

Departing Sunday, March 9, 2008

\$1,899.00 Per Person/ Double Occupancy

\$2,449.00 Per Person/ Single Occupancy

SPRING TRAINING

Wednesday, March 19 - Monday, March 24, 2008

\$1,100.00 Per Person/ Double Occupancy

\$1,350.00 Per Person/ Single Occupancy

THE PRESIDENTIAL TREATMENT

Monday, April 21 - Friday, April 25, 2008

\$975.00 Per Person/ Double Occupancy

\$1325.00 Per Person/ Single Occupancy

SEQUOIA & KINGS CANYON

Monday, May 5 - Wednesday May 7, 2008

\$499.00 Per Person / Double Occupancy

\$599.00 Per Person / Single Occupancy

Make it your New Year's resolution to travel somewhere new!

Payment must be made by check or money order only. **THE TRIP SELLING DESK IS OPEN ONLY ON THURSDAYS, 10:00-11:45 a.m.** Payment for trips is taken only during selling hours. Checks cannot be left at or mailed to the Senior Center. Each person can sign up for a maximum of two people. **TRIPS MUST BE PAID FOR AT LEAST 30-DAYS IN ADVANCE.** For all trip inquiries, please contact Arletta Jurasinki at (650) 969-0793. Bus loads 15 minutes before departure. For all trips, please park at the back of the parking lot at 266 Escuela Avenue.

KEEPING CURRENT

SIGN-UP BOARDS IN GAME ROOM & EXERCISE ROOM

We are glad you are enjoying our ping-pong tables and exercise equipment, and to better serve you, we are providing sign-up boards. These boards are easy to use: just write your name and the time you start playing ping-pong or using a machine in the exercise room and be sure that, when others are waiting, your usage does not exceed 30 minutes. When machines are immediately available, it is not permitted to write your name on the waitlist to reserve a spot for a later time.



EXERCISE ROOM PROCEDURES

We offer an exercise orientation Tuesday evenings and Wednesday mornings. **This orientation and an exercise room card are required before using the machines.** Sign up at the front desk or call the Senior Center at (650) 903-6330. If you have already taken orientation and would like to use the exercise room, come to the Front Desk to pick up your free exercise membership card. Please consult a physician before beginning any exercise program.

MOVIE MADNESS

You enjoy the free movie matinee Tuesdays and Fridays, but did you know that the Senior Center has a video library as well? Come check out our selection of VHS and DVDs at the front desk. Items may be borrowed for one week. Limit of five per patron.

Also, we're trying to add more DVDs to our movie collection. Any DVDs you have to donate would be greatly appreciated by both the staff and your fellow Senior Center patrons.

VTA UPDATE

Starting Thursday, January 3, the Valley Transport Authority will be visiting the Mountain View Senior Center the first Thursday of each month, instead of the first Friday of each month, to accept applications for discount cards. Discount cards cost \$3 each, and monthly stickers can be purchased for \$20 at the Front Desk. See page 7 for more information.

FALL BACK IN NOVEMBER

Remember to set your clocks back and sleep in an hour on November 4, when Daylight Savings ends.



DMV HELPS SENIORS SAVE TIME AND MONEY

DMV trips can involve long, frustrating waits. But now the DMV offers you practically all of their services online at **DMV.ca.gov**. This user friendly website is convenient, informative, and available anytime. By clicking on the *Senior Driver Information* link, you'll find information that's been developed specifically for senior drivers.

You can find out what steps are needed to renew your driver license - such as vision tests, written tests and driving tests if you're 70 years of age or older, and even how to obtain a complimentary identification card if you're over the age of 62!

You don't need to worry about the website's safety and security because any information collected by the DMV is used solely for your online request and will not be saved! Plus, all of your transactions are secure, including anytime you use your credit card to renew your car registration.

For more information about the services on the website, pick up a "Save Time. Go Online." flyer available at the Front Desk.



MTN. VIEW SENIOR CENTER SERVICES

NEWCOMERS' GROUP

An orientation and tour of the Senior Center is scheduled for Tuesday, October 16, 2007 at 11:00 a.m. An overview of classes, upcoming events, social services and general information will be available.

HEALTH SERVICES

ALZHEIMER'S SCREENING

Free behavioral screenings will be offered on the fourth Wednesday of October (10/24/07) and of November (11/28/07). PLEASE NOTE: this screening is NOT a medical screening, only a behavioral analysis. Please call (650) 903-6330 for an appointment.

BLOOD PRESSURE CHECK

First and third Friday of each month (10/5/07 and 10/19/07), 10:30-11:30 a.m. Provided by volunteer nurses.

HICAP

Medical insurance, long-term care, Medicaid & Medigap counseling. Call (650) 903-6330 for an appointment.

HEARING SCREENING

Second Wednesday of each month (10/10/07). Call (650) 903-6330 for an appointment. Provided by Professor David Tang.

PODIATRY SCREENING

Third Wednesday of each month (10/17/07). Call (650) 903-6330 for appointment. Provided by Dr. Yavrom.

SPINAL SCREENING

Third Tuesday of each month (10/16/07). Call (650) 903-6330 for appointment. Provided by Dr. Khamneipur.



SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA)

The 1st and 3rd Thursday 10/4/07 and 10/18/07) of each month. Clients must be 60+ years and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for social security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call (650) 903-6330.

SENIOR CASE MANAGER

Consultation with seniors and families regarding life changes. Case manager available, drop-in basis, first Friday of each month (10/5/07), 10:30-11:30 a.m. Provided by Community Services Agency at (650) 968-0836.

FOOD SERVICES

BROWN BAG

The Second Harvest Food Bank's Brown Bag pick-up and registration is every Tuesday, 9:30-10:30 a.m. Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.



NUTRITION PROGRAM

Lunch is served Monday-Friday at noon, sign-in by 11:45 a.m. Suggested donation is \$2.00, more information on pages 4 & 10. For info, call (650) 964-6586. Sponsored by Community Services Agency.

TRANSPORTATION

VTA TRANSIT DISCOUNT CARDS / STICKERS

VTA will be at the Senior Center on Friday, October 5, 2007 from 10:00 a.m. to 12:00 p.m. to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age.

Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold Monday-Friday, 8:30 a.m. - 12:30 p.m. **Exact change is necessary**, and the cost is \$20.00 for each ticket. Cash only, please.

AARP DRIVER SAFETY PROGRAM

The next AARP Driver Safety Program class offered by AARP at the Mountain View Senior Center is scheduled for Tuesday, October 2 & 9, 2007 from 6:00 p.m. to 10:00 p.m. The fee for the 8-hour classroom driving instruction session is \$10. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mtn. View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted.

Handyman services, housing directories, a video library, and much more! For a list of more services offered by the Mountain View Senior Center and in Santa Clara County, please inquire at the front desk.

Mountain View Senior Center




October 2007

** Last Class

* First Class



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:45 Adaptive Yoga 8:45 ESL - Beginning / Int. 9:00 Creative Stitchery 10:15 T'ai Chi 10:30 ESL-Beg. High/Adv. Low 10:30 Expressive Yoga Noon Lunch 1:00 Genealogy 1:00 General Conditioning 1:00 Woodcarving 1:30 Quiltmaking Techniques 7:00 Chinese Folk Dance 7:00 Dance Club	2 8:30 Hike for Health 8:45 Yoga for Better Balance 9:00 Drawing & Watercolor 9:00 Meet the PC 9:30 Bookbinding/Boxes 9:30 Brown Bag 10:15 Yoga for Better Balance 11:30 Arthritis Exercise Noon Lunch 12:30 Exercise on Broadway 12:30 Spanish - High Int. 1:00 Karaoke 1:00 Low Impact Aerobics 1:00 Movie - Disturbia 5:30 Yoga Stretch 6:00 55-A Live Driving 6:00 Genealogy Workshop 6:00 Sewing*	3 9:00 Oils & Acrylics 9:30 Ceramics - Sculpture 9:30 Chorus 10:00 Lipreading 11:00 Therapeutic Yoga Noon Lunch Noon Orchestra 1:00 Ceramics - Basic 1:00 Genealogy 1:00 Joy of Movement 1:00 Knitting&Crocheting Club 5:30 Qigong 6:00 Knitting Solutions 6:00 Oils & Acrylics 6:30 Joy of Movement	4 8:30 Chinese Folk Dance 8:30 Hike for Health 8:45 Adaptive Yoga 8:45 ESL - Beginning / Int. 9:00 Meet the PC** 9:30 Ceramics - Basic 10:00 Qigong 10:00 Trip Selling Desk 10:15 General Conditioning 10:30 ESL - Beg. High/Adv. Low 10:30 Expressive Yoga 10:30 Health Library Noon Lunch 12:30 Exercise on Broadway 12:30 Memoirs 1:00 Figure&Portrait Drawing 1:00 Low Impact Aerobics 1:30 Quiltmaking - Beginning 1:30 SALA	5 8:45 ESL - Beg. / Int. 8:45 Yoga for Better Balance 9:00 Calligraphy 10:00 Feldenkrais 10:00 VTA Photo 10:15 Yoga for Better Balance 10:30 Blood Pressure 10:30 ESL - Beg. High/Adv. Low 10:30 Senior Case Manager 11:30 Arthritis Exercise Noon Lunch 1:00 Movie - Disturbia 1:00 Line Dancing 2:15 Square Dancing	
8 8:45 Adaptive Yoga 8:45 ESL - Beginning / Int. 9:00 Creative Stitchery 10:15 T'ai Chi 10:30 ESL-Beg. High/Adv. Low 10:30 Expressive Yoga Noon Lunch 1:00 Genealogy 1:00 General Conditioning 1:00 Woodcarving 1:30 Quiltmaking Techniques 6:30 Ikebana 7:00 Chinese Folk Dance 7:00 Dance Club	9 8:30 Hike for Health 8:45 Yoga for Better Balance 9:00 Drawing & Watercolor 9:00 Eyeglass Repair 9:00 Sending/Receiving Email* 9:30 Bookbinding/Boxes 9:30 Brown Bag 10:15 Yoga for Better Balance 11:30 Arthritis Exercise Noon Lunch 12:30 Exercise on Broadway 12:30 Spanish - High Int. 1:00 Karaoke 1:00 Low Impact Aerobics 1:00 Movie - Rear Window 5:30 Yoga Stretch 6:00 55-A Live Driving 6:00 Genealogy Workshop 6:00 Sewing	10 9:00 Homeowner/Renter Asst. 9:00 Oils & Acrylics 9:00 Surfing the Internet* 9:30 Ceramics - Sculpture 9:30 Chorus 10:00 Lipreading 11:00 Therapeutic Yoga Noon Lunch Noon Orchestra 1:00 Ceramics - Basic 1:00 Genealogy** 1:00 Joy of Movement 1:00 Knitting&Crocheting Club 2:00 Hearing Screening 5:30 Qigong 6:00 Knitting Solutions 6:00 Oils & Acrylics 6:30 Joy of Movement	11 8:30 Chinese Folk Dance 8:30 HICAP 8:30 Hike for Health 8:45 Adaptive Yoga 8:45 ESL - Beginning / Int. 9:00 Sending/Receiving Email 9:30 Ceramics - Basic 10:00 Qigong 10:00 Trip Selling Desk 10:15 General Conditioning 10:30 ESL - Beg. High/Adv. Low 10:30 Expressive Yoga 10:30 Health Library Noon Lunch 12:30 Exercise on Broadway 12:30 Memoirs 1:00 Figure&Portrait Drawing 1:00 Low Impact Aerobics 1:00 Workshop.MealsWheels 1:30 Quiltmaking - Beginning	12 8:45 ESL - Beg. / Int. 8:45 Yoga for Better Balance 9:00 Calligraphy 10:00 Feldenkrais 10:15 Yoga for Better Balance 10:30 Blood Pressure/ Stress Test 10:30 ESL - Beg. High/ Adv. Low 11:30 Arthritis Exercise Noon Lunch 1:00 Movie - Rear Window 1:00 Line Dancing 2:15 Square Dancing	

Monday		Tuesday		Wednesday		Thursday		Friday			
15	8:45 Adaptive Yoga 8:45 ESL - Beginning / Int. 9:00 Creative Stitchery 9:00 Surfing the Internet 10:15 T'ai Chi 10:30 ESL-Beg. High/A dv. Low 10:30 Expressive Yoga Noon Lunch 1:00 General Conditioning 1:00 Woodcarving 1:30 Quilting Techniques 7:00 Chinese Folk Dance** 7:00 Dance Club	16	8:30 Hike for Health 8:45 Yoga for Better Balance 9:00 Drawing & Watercolor 9:00 Sending/Receiving Email 9:30 Bookbinding/Boxes 9:30 Brown Bag 10:15 Yoga for Better Balance 11:30 Arthritis Exercise 11:30 Spinal Screening Noon Lunch 12:30 Exercise on Broadway 12:30 Spanish - High Int. 1:00 Karaoke 1:00 Low Impact Aerobics 1:00 Movie - Georgia Rule 5:30 Yoga Stretch 6:00 Genealogy Workshop 6:00 Sewing	17	8:30 Flu Shot Clinic 9:00 Oils & Acrylics 9:00 Surfing the Internet 9:30 Ceramics - Sculpture 9:30 Chorus 10:00 Lipreading 10:00 Podiatry Screening 11:00 Therapeutic Yoga Noon Lunch Noon Orchestra 1:00 Ceramics - Basic 1:00 Joy of Movement 1:00 Knitting&Crocheting Chb 5:30 Qigong 6:00 Knitting Solutions 6:00 Oils & Acrylics 6:30 Joy of Movement	18	8:30 Chinese Folk Dance** 8:30 Hike for Health 8:45 Adaptive Yoga 8:45 ESL - Beginning / Int. 9:00 Sending/Receiving Email 9:30 Ceramics - Basic 10:00 Qigong 10:00 Trip Selling Desk 10:15 General Conditioning 10:30 ESL - Beg. High/A dv. Low 10:30 Expressive Yoga 10:30 Health Library Noon Lunch 12:30 Exercise on Broadway 12:30 Memoirs 1:00 Figure&Portrait Drawing 1:00 Low Impact Aerobics 1:00 Workshop: We Care 1:30 Quilting - Beginning 1:30 SALA	19	8:45 ESL - Beg. / Int. 8:45 Yoga for Better Balance 9:00 Calligraphy 10:00 Feldenkrais 10:15 Yoga for Better Balance 10:30 Blood Pressure 10:30 ESL - Beg. High/A dv. Low 11:30 Arthritis Exercise Noon Lunch 1:00 Movie - Georgia Rule 1:00 Line Dancing 2:15 Square Dancing	20	8:45 ESL - Beg. / Int. 8:45 Yoga for Better Balance 9:00 Calligraphy 10:00 Feldenkrais 10:15 Yoga for Better Balance 10:30 ESL - Beg. High/A dv. Low 11:30 Arthritis Exercise Noon Lunch 1:00 Movie - Daddy's Little Girls 1:00 Line Dancing 2:15 Square Dancing
22	8:45 Adaptive Yoga 8:45 ESL - Beginning / Int. 9:00 Creative Stitchery 9:00 Surfing the Internet 10:15 T'ai Chi 10:30 ESL-Beg. High/A dv. Low 10:30 Expressive Yoga Noon Lunch 1:00 General Conditioning 1:00 Woodcarving 1:30 Quilting Techniques 6:30 Ikebana 7:00 Dance Club	23	8:30 Hike for Health 8:45 Yoga for Better Balance 9:00 Drawing & Watercolor 9:00 Eyeglass Repair 9:00 Sending/Receiving Email 9:30 Bookbinding/Boxes 9:30 Brown Bag 10:15 Yoga for Better Balance 11:30 Arthritis Exercise Noon Lunch 12:30 Exercise on Broadway 12:30 Spanish - High Int. 1:00 HICAP 1:00 Karaoke 1:00 Low Impact Aerobics 1:00 Movie - Daddy's Little Girls 1:00 Workshop: Move It 5:30 Yoga Stretch 6:00 Genealogy Workshop 6:00 Sewing	24	9:00 Homeowner/Renter Asst. 9:00 Oils & Acrylics 9:00 Surfing the Internet 9:30 Ceramics - Sculpture 9:30 Chorus 10:00 Lipreading 11:00 Therapeutic Yoga Noon Lunch Noon Orchestra 12:30 Alzheimer's Screening 1:00 Ceramics - Basic 1:00 Joy of Movement 1:00 Knitting&Crocheting Chb 5:30 Qigong 6:00 Knitting Solutions 6:00 Oils & Acrylics 6:30 Joy of Movement	25	8:30 Hike for Health 8:45 Adaptive Yoga 8:45 ESL - Beginning / Int. 9:00 Sending/Receiving Email** 9:30 Ceramics - Basic 10:00 Qigong 10:00 Trip Selling Desk 10:15 General Conditioning 10:30 ESL - Beg. High/A dv. Low 10:30 Expressive Yoga 10:30 Health Library Noon Lunch 12:30 Exercise on Broadway 12:30 Memoirs 1:00 Figure&Portrait Drawing 1:00 Low Impact Aerobics 1:30 Quilting - Beginning	26	8:45 ESL - Beg. / Int. 8:45 Yoga for Better Balance 9:00 Calligraphy 10:00 Feldenkrais 10:15 Yoga for Better Balance 10:30 ESL - Beg. High/A dv. Low 11:30 Arthritis Exercise Noon Lunch 1:00 Movie - Daddy's Little Girls 1:00 Line Dancing 2:15 Square Dancing	27	8:45 ESL - Beg. / Int. 8:45 Yoga for Better Balance 9:00 Calligraphy 10:00 Feldenkrais 10:15 Yoga for Better Balance 10:30 ESL - Beg. High/A dv. Low 11:30 Arthritis Exercise Noon Lunch 1:00 Movie - Daddy's Little Girls 1:00 Line Dancing 2:15 Square Dancing
29	8:45 Adaptive Yoga 8:45 ESL - Beginning / Int. 9:00 Creative Stitchery 9:00 Surfing the Internet 10:15 T'ai Chi 10:30 ESL-Beg. High/A dv. Low 10:30 Expressive Yoga Noon Lunch 1:00 General Conditioning 1:00 Woodcarving 1:00 Workshop: Email Account 1:30 Quilting Techniques 7:00 Dance Club	30	8:30 Hike for Health 8:45 Yoga for Better Balance 9:00 Drawing & Watercolor 9:30 Bookbinding/Boxes 9:30 Brown Bag 10:15 Yoga for Better Balance 11:30 Arthritis Exercise Noon Lunch 12:30 Exercise on Broadway 12:30 Spanish - High Int. 1:00 Karaoke 1:00 Low Impact Aerobics 1:00 Movie - Evan Almighty 5:30 Yoga Stretch 6:00 Genealogy Workshop 6:00 Sewing	31	9:00 Oils & Acrylics 9:00 Surfing the Internet 9:30 Ceramics - Sculpture 9:30 Chorus 10:00 Lipreading 11:00 Therapeutic Yoga Noon Lunch Noon Orchestra 1:00 Ceramics - Basic 1:00 Joy of Movement 1:00 Knitting&Crocheting Chb 5:30 Qigong 6:00 Halloween Dance 6:00 Knitting Solutions 6:00 Oils & Acrylics 6:30 Joy of Movement	 <h1>Monster Mash Halloween Dance</h1> <p>Wednesday, October 31st 6:00 p.m. - 8:00 p.m.</p> <p>Free! T-shirts and Drinks...</p> <p>Costume Contest... \$4 in advance, \$5 at the door</p>					



Mountain View Senior Nutrition Program
650-964-6586
266 Escuela Ave.
OCTOBER 2007

Come to our Halloween
 Party &
 Costume Contest!
 Oct. 31!
 Enjoy Dancing &
 Entertainment!

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">1</p> <ul style="list-style-type: none"> • Chicken Fajita w/ Bell Peppers, Onion, Cheese, Picante Sauce • Pinto Beans • Cantaloupe Cup <p align="center">DANCING 10:30</p>	<p align="center">2</p> <ul style="list-style-type: none"> • Pizza w/ Meat & Veggies • Marinated Garden Carrot Salad • Juice • Sweet Treat 	<p align="center">3</p> <ul style="list-style-type: none"> • Pork Roast w/ Baked Apples • Green Beans, Corn, Cauliflower • Multigrain Bread • Orange <p align="center">LINE DANCING 11:00 BINGO 12:45</p>	<p align="center">4</p> <ul style="list-style-type: none"> • Chicken Cacciatore w/ Bell Peppers, Mushrooms • Three Bean Salad • Pudding <p align="center">11:30: Stress Management & YOU</p>	<p align="center">5</p> <ul style="list-style-type: none"> • Polish Sausage • Red Cabbage • Spinach Cheese Salad • Banana <p align="center">DANCING 10:30</p>
<p align="center">8</p> <ul style="list-style-type: none"> • BBQ Pork Roast Sandwich • Steamed Spinach • Corn • Honeydew Melon <p align="center">DANCING 10:00</p>	<p align="center">9</p> <ul style="list-style-type: none"> • Baked Chicken Salad Casserole • Cauliflower • Coleslaw • Rice Pilaf • Pudding 	<p align="center">10</p> <ul style="list-style-type: none"> • Baked Ziti w/ Italian Sausage • Zucchini & Mushrooms • Marinated Cucumber Salad <p align="center">LINE DANCING 11:00 BINGO 12:45</p>	<p align="center">11</p> <ul style="list-style-type: none"> • Swedish Meatballs w/ Pasta • Mixed Veggies • Tossed Salad • Pineapple Tidbits 	<p align="center">12</p> <ul style="list-style-type: none"> • Breaded Fish w/ Tartar Sauce • Sautéed Broccoli & Cabbage • Chilled Pea Salad • Multigrain Bread • Sweet Treat <p align="center">DANCING 10:30</p>
<p align="center">15</p> <ul style="list-style-type: none"> • Pasta w/ Meat Sauce • Sautéed Broccoli • Caesar Salad • Pear Cup <p align="center">DANCING 10:00</p>	<p align="center">16</p> <ul style="list-style-type: none"> • Baked Ham w/ Mustard Sauce • Steamed Spinach • Au Gratin Potatoes • Corn Bread • Peach Cup 	<p align="center">17</p> <ul style="list-style-type: none"> • Roast Beef w/ Gravy • Sautéed Mushrooms & Onions • Carrot Raisin Salad • Mashed Potatoes • Gelatin <p align="center">LINE DANCING 11:00 BINGO 12:45</p>	<p align="center">18</p> <ul style="list-style-type: none"> • Salmon Patty Sandwich w/ Lettuce & Tomato • Minestrone Soup • Sweet Potato • Tropical Fruit Cup <p align="center">11:30: Home Safety for Seniors</p>	<p align="center">19</p> <ul style="list-style-type: none"> • Beef Stew • Kitchen Sink Salad • Biscuit • Orange <p align="center">DANCING 10:30 OCT. BDAYS</p> 
<p align="center">22</p> <ul style="list-style-type: none"> • Breaded Fish w/ Tartar Sauce • Brussels Sprouts • Tossed Salad • Oven Roasted Red Potatoes • Fruit Du Jour <p align="center">DANCING 10:00</p>	<p align="center">23</p> <ul style="list-style-type: none"> • Stuffed Bell Pepper w/ Marinara Sauce • Vegetable Soup • Garlic Bread • Sweet Treat 	<p align="center">24</p> <ul style="list-style-type: none"> • Chicken Pot Pie • Zucchini • V-8 Juice • Sweet Treat <p align="center">LINE DANCING 11:00 BINGO 12:45</p>	<p align="center">25</p> <ul style="list-style-type: none"> • Turkey Meatloaf w/ Gravy • Steamed Spinach • Mashed Stuffing • Citrus Slaw • Pudding 	<p align="center">26</p> <ul style="list-style-type: none"> • BBQ Chicken • Cauliflower • Baked Beans • Couscous Salad • Banana <p align="center">DANCING 10:30</p>
<p align="center">29</p> <ul style="list-style-type: none"> • Pork Chop Suey w/ Bell Peppers, Onion, Celery, Bean Sprouts • Brown rice • Tossed Salad • Pineapple Tidbits <p align="center">DANCING 10:00</p>	<p align="center">30</p> <ul style="list-style-type: none"> • Chicken Cordon Bleu • Spinach Salad • Steamed Broccoli • Pesto Noodles • Gelatin 	<p align="center">31</p> <ul style="list-style-type: none"> • Spooky Joe's w/ Tomato & Onion • COLDslaw • Raw Carrot Sticks • Melon Eye Balls <p align="center">HALLOWEEN PARTY! BINGO 12:45</p> 	<p align="center">Lunch is served at 12:00 pm. Recommended Sign In Time: 11:30 am First Come First Served No Reservations</p>	<p align="center">The suggested contribution is \$2.00 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old.</p>

Oct. 31: Halloween Party & Costume Contest!! Enjoy Dancing & Entertainment!